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November 10, 1994

FOR IMMEDIATE RELEASE:

CASSIS TO SHARE TIPS ON GETTING MOTIVATED

CHARLESTON -- Are you stressed? Frustrated? Feeling like a snapdragon?
No snap and everything is dragging?

Learning how to "Catch a Second Wind" will be covered in an informative, yet entertaining seminar by John Cassis, pre-game motivational speaker for the Chicago Bears football team, on Wednesday, Nov. 16 at Eastern Illinois University.

His presentation, from 9:30 to 11 a.m. Wednesday in EIU's Grand Ballroom in the Student Union, is free and open to the public. Cassis will be available in the 1895 Room in the Student Union an hour prior to the seminar to answer questions from the media and general public.

"Although Cassis' presentation is directed to EIU supervisors, one does not have to be a supervisor to attend. Individuals on- or off-campus, regardless of their age or occupation, who are interested in better managing their lives, are invited," according to Elise H. Post, EIU director of human resources.

Post said Cassis' seminar coincides with the beginning of EIU's new Supervisory Training Program, featuring four workshops in November and Decem-

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ber designed to help supervisors better understand their roles and responsibilities.

In his presentation, "Catching a Second Wind: Building a Better Team," Cassis will teach participants how to create a motivational environment that is conducive to building a winning team. He will focus on the true character of management, understanding power, the art of leadership and creating a positive atmosphere. He will also explain the three "R's": respect, recognition and reinforcement.

Cassis, founder and president of the Cassis Group, a personal development consulting company, is described by Mike Ditka, former coach of the Chicago Bears and sportscaster for NBC-TV, as "one of the best."

A former professional baseball player and minister, Cassis has addressed audiences throughout the nation. The American Heart Association, Ameritech, Apple Computers, AT & T, Chrysler, IBM, Illinois Bell, Mayo Clinic, Sears and several professional baseball teams are among his clients.

Cassis is also a consultant for the U.S. Department of Justice.

For more information, call EIU's human resources office at (217) 581-3514.